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declare @StartDate date
declare @Enddate date
set @StartDate = '20160701'

set @Enddate ='20160708'
;with dates as(
    select @StartDate as sdt
    union all
    select DATEADD(d,1,sdt) from dates where sdt<@Enddate
)
select ROW_NUMBER() OVER (ORDER BY sdt) AS [serial number], sdt as [Date], datename(dw,sdt) as [Week Day Name] from dates

```

Results	Messages
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serial number	Date	Week Day Name
1	2016-07-01	Friday
2	2016-07-02	Saturday
3	2016-07-03	Sunday
4	2016-07-04	Monday
5	2016-07-05	Tuesday
6	2016-07-06	Wednesday
7	2016-07-07	Thursday
8	2016-07-08	Friday